

Lumpkin County Senior Center  
266 Mechanicsville Rd.  
Dahlonega, GA 30533  
706-864-2358

# ***Tai Chi for Health***

**Instructor: Angie Elmore**

**Benefits include improved flexibility, increased muscle strength, improved fitness and improved balance for fall prevention. Chairs will be used in this class to assist with balance as needed. Wear comfortable clothing that allows for movement.**

**September 9<sup>th</sup> – October 17<sup>th</sup> (6 week session)**

**\$3 per class or \$15 for full session**

**Choose a time that fits your schedule**

**Wednesdays 10 – 11am**

**and**

**Wednesdays 4 – 5pm**

**Tea, light refreshments and fellowship after each class**